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Geriatric Research Education Clinical Center

GRECC

Forum on Aging

Newsletter

VA Puget Sound Health Care System
Seattle & American Lake Divisions

GERONTOLOGICAL SOCIETY OF AMERICA'S 2002 MEETING

The Gerontological Society of America's 55th Annual Scientific Meeting was held in Boston, MA at the Marriott and Westin Copley Place November 22-26, 2002. The theme for the meeting was "Relationships in a Changing World: From Aging Cells to Aging Societies" and the welcome was extended by Toni C. Antonucci, PhD, GSA president. GRECC Symposia included: "Osteoporosis and Falls Prevention: New Developments", organized by Elsa Murray, PhD and Laurence Rubenstein, MD, VA Greater Los Angeles Healthcare Center GRECC; "Medication Errors and Adverse Drug Events: Experience in the Application of Strategies For Detection and Prevention of Harm in Older Adults", organized by Byron Bair, Salt Lake City GRECC; and "From Molecular Biology and Animal Models to Future Treatments For Alzheimer's Disease", organized by Laurence Rubenstein, MD, and Gregory Cole, PhD of the VA Greater Los Angeles GRECC, Sepulveda, CA. Next year's meeting will be in San Diego, CA at the Convention Center from November 21-25, 2003. The Call for Papers will be in February 2003. The following are abstract titles and authors citing VA affiliation. We apologize in advance if we've missed acknowledging any VA investigators.

OXIDATIVE STRESS STATUS IN SMOKER, NON-SMOKERS, AND EX-SMOKERS: URINARY NUCLEIC ACID AND LIPID OXIDATION MARKERS BY LIQUID CHROMATOGRAPHY/MASS SPECTROSCOPY

P.Reaven, Phoenix VA Hospital, Phoenix, AZ

CAVEOLIN-MEDIATED SCAFFOLDING AND BETA-ADRENERGIC RECEPTOR KINASE IN AGED FISCHER 344 RAT AORTA

S. Mader, VA Medical Center- Portland, Portland, OR.

GLUCAGON BINDING IN LIVER CANCER

T. Theodoropoulos, USF/VA Medical Center, Bay Pines, FL, J. Vriani, Departments of Medicine, Bay Pines, FL.

LONG TERM MORTALITY RATES AND FUNCTIONAL STATUS OF ELDERLY PATIENTS FOLLOWING INTENSIVE CARE

J. Vriani, University of S. Florida, VAMC, Bay Pines, FL, T. Theodoropoulos, USF/VA Medical Center, Bay Pines, FL.

CLINICAL IMPACT OF FORCED RELOCATION ON NURSING HOME PATIENTS

C. Weir, B. Bair, SLC GRECC, SLC, UT.

PHYSICAL ENVIRONMENT CHARACTERISTICS OF ASSISTED LIVING FACILITIES

B. Connell, Rehab R & D Center (151R), Decatur, GA

COMPARISON OF CAREGIVER STRESS BETWEEN CAREGIVERS OF PATIENTS TREATED IN HOSPITAL OR A HOME HOSPITAL

S. Mader, M. Donius, Portland VA Medical Center, Portland, OR

A NURSE MANAGED CLINIC TO IMPROVE MEDICATION COMPLIANCE IN OLDER VETERANS

A. Drysdale, Louis Stokes Cleveland Veterans Affairs Med Ctr, Cleveland, OH, D. Kresevic, M. Pallaki, T. Hornick, Geriatric Research Education & Clinical Center, Cleveland, OH.

OLDER PERSONS PREFERENCES FOR HOME HOSPITAL TREATMENT OF ACUTE MEDICAL ILLNESS REQUIRING HOSPITAL LEVEL CARE

-THE JOHNS HOPKINS HOME HOSPITAL NATIONAL DEMONSTRATION AND EVALUATION STUDY

S. Madder, Portland VAMC, Portland, OR, M. Donius, Portland VAMC, Portland, OR

SATISFACTION WITH HOME CARE SERVICES IN COMMUNITY-BASED SATELLITE PROJECTS

K. Papp, Louis Stokes Cleveland VAMC-GRECC, Cleveland, OH, M. Cappaert, Louis Stokes Cleveland VAMC-GRECC 111C(W), Cleveland, OH, J. Rose, Louis Stokes Cleveland VAMC-GRECC 111C(W), Cleveland, OH.

HOMOCYSTEINE, B VITAMINS AND COGNITIVE FUNCTION AMONG MEN IN THE NORMATIVE AGING STUDY

A. Spiro III, VA Boston Healthcare System, Boston, MA

THE EFFECT OF GERIATRIC EVALUATION AND MANAGEMENT UNITS (GEMU) AND CLINICS (GEMC) ON DRUG-RELATED PROBLEMS

PARTICIPANTS:

K. Schmader (GRECC (182), Durham VAMC, Durham, NC). "Background, Design, and Study Procedures for the GEM Drug Study". H. Cohen (GRECC (182), Durham, NC). Discussion.

CLINICAL PHYSIOLOGY AND AGING CHAIR(S):

L. Rubenstein, VA Greater Los Angeles Healthcare Center, GRECC (11E), 16111 Plummer St., Sepulveda, CA 91343.

INDICATORS OF DEHYDRATION IN ELDERLY VETERANS

B. Wakefield, J. Holmand, VA Medical Center, Iowa City, IA

IMPACT OF SOCIAL DEMOGRAPHIC FACTORS ON SURVIVAL OF ELDERLY

PATIENTS WITHIN ONE YEAR OF HOSPITAL DISCHARGE

L. Liu, GRECC (182/LR), CAVHS, Little Rock, AR, D. Sullivan, Central Arkansas Veterans Healthcare System, Little Rock, AR.

TEAMS ACROSS THE CARE CONTINUUM: TRANSITIONS AND CONTINUITY ISSUES

J. Howe, VAMC GRECC/526, 130 W. Kingsbridge Road, Bronx, NY, 10468, judy.howe@mssm.edu

PARTICIPANTS:

T. Banc, D. Sherman (Bronx VAMC GRECC Program, Bronx, NY). "Inpatient Palliative Care Programs: Ensuring Continuity of Care Across Health Care Settings".

DISCUSSANTS:

E. Olson (Bronx VAMC GRECC Program, Bronx, NY)

FORMAL AND INFORMAL CAREGIVING CHAIR(S):

C. Alessi, VA Medical Center, GRECC 11E, 16111 Plummer Street, Spaulveda, CA 91343

AFRICAN AMERICAN MEN'S BELIEFS, FEELINGS, KNOWLEDGE, AND DECISIONS ABOUT PROSTATE CANCER SCREENING

John D. Dingell VAMC, Detroit, MI.

FAMILY CAREGIVING: SOCIAL SUPPORT

CHAIR(S):

E. Clipp, Duke University and VA Medical Centers, Box 3322, Duke University Medical Center, Durham, NC, 27710.

STUDYING CAUSALITY IN GERONTOLOGICAL RESEARCH

PARTICIPANTS:

L. Peterson (Houston Veterans Affairs Medical Center, Houston, TX). "Methods for Characterizing the Effects of Regionalization: A Case Study in Underuse of Angiography After Acute MI in the Elderly".

2002 DONALD P. KENT AWARD LECTURE

W. Hazzard, VA Puget Sound Healthcare Sys., Geriatrics Extend Care S182GEC, 1660 S. Columbian Way, Seattle, WA 98108.

An annual award lecture by a member of The Gerontological Society of America who exemplifies the highest standards of professional leadership through teaching, service, and interpre-

tation of gerontology to the larger society.

William Hazzard, MD, Chair, GSA Awards Committee, presiding.

John Beck, MD, recipient of the 2001 Donald P. Kent Award, gave the lecture: "Preventing Disability in Older Americans: Re-Orienting Policy for the 21st Century". Presentation of the 2002 Donald P. Kent Award will be presented to Carl Eisdorfer, MD, PhD.

CHANGES IN SERIOUSLY ILL PATIENTS' PERCEPTIONS OF PROGNOSIS OVER TIME

T. Fried, VA CT Healthcare System West Haven, CT, J. O'Leary, VA CT Healthcare System, West Haven, CT

AGING, HIV-1 INFECTION AND NEUROCOGNITIVE FUNCTION: CLINICAL CORRELATES

PARTICIPANTS:

A. Justice, K. McGinnis, J. Wagner, J. Conigliaro, L. Rabeneck (VA Pittsburgh Healthcare System, Pittsburgh, PA). "Medical and NeuroPsychiatric Comorbidity in HIV Infection and Its Association with Patient Outcomes".

BRINGING TECHNOLOGY INTO THE NURSING HOME: BARRIERS AND OPPORTUNITIES

B. Roos, University of Miami School of Medicine, Miami VA Medical Center, Stein, 1201 N.W. 16th Street, Miami, FL, 33125, J. Sanford, Rehabilitation Research and Development Center, Atlanta VA Medical Center, 1670 S. Candler Street, Decatur, GA, 30033.

BETTER RESEARCH THROUGH BETTER MEASUREMENT: THE MEASUREMENT, STATISTICS AND RESEARCH DESIGN INTEREST GROUP

PARTICIPANTS:

C. Burant, L. Siminoff, M. Mercer (Case Western Reserve University, Cleveland, OH), C. Kwok (University of Pittsburgh, Pittsburgh, PA). "The Multidimensional Nature of Quality of Chronic Knee/Hip Pain Among VA Patients: Differences by Ethnicity".

AR-GEMS II: A FOCUSED FACULTY PROGRAM TO UPDATE GERIATRIC KNOWLEDGE AND CLINICAL SKILLS

G. Brown, Central Arkansas Veterans Healthcare System, Little Rock, AR

A VETERANS AFFAIRS MEDICAL CENTER TRAINING PROGRAM IN INTERPROFESSIONAL TEAMWORK, GERIATRICS, AND PALLIATIVE CARE

J. Howe, G. Canterucci, T. Banc, D. Sherman, Bronx VAMC GRECC, Bronx, NY.

A PILOT PROJECT ON ETHNOGERIATRICS AND CULTURAL COMPETENCY TRAINING FOR PHYSICIAN ASSISTANT STUDENTS (PAS)

A.D'Eramo, VAMC-GRECC, Cleveland, OH

BUILDING AND SUSTAINING PRACTICE, POLICY, RESEARCH RELATIONSHIPS: EMERGING STRATEGIES FOR GERONTOLOGICAL SOCIAL WORK

DISCUSSANTS:

J. Manske (Department of Veterans Affairs, Washington, DC).

UNDERSTANDING CARDIOVASCULAR DISEASE IN OLDER ADULTS

CHAIR(S):

H. Kamel, Zablocki VAMC, 5000 W. National Ave (CC-G), Milwaukee, WI, 53295.

MEDICATION ASSESSMENTS: CLUES AND CUES TO PATIENT BELIEFS

A. Young, K. Rodriguez, M. Rossi, R. Maher Jr., GRECC, Pittsburgh, PA

THE NOPPAIN: A BEHAVIORAL OBSERVATIONAL NURSING ASSISTANT-ADMINISTERED INSTRUMENT TO ASSESS PAIN IN INDIVIDUALS WITH DEMENTIA

A. Snow, K. O'Malley, M. Kunik, Houston VA Health Services Research, Houston, TX, M. Cody, North Little Rock VA Health Services Research, North Little Rock, AR, C. Ashton, Houston VA Health Services Research, Houston, TX.

BIOLOGICAL IMPLICATION OF SEX ON HUMAN HEALTH

W. Hazzard, VA Puget Sound Healthcare Sys., Geriatrics Extend Care S182GEC, 1660 S. Columbian Way, Seattle, WA, 98108.

STRENGTH AND WALKING SPEED AMONG SEDENTARY OLDER ADULTS

M. Morey, Geriatric Education, Research, and Clinical Center, Durham, NC.

EXTRINSIC RISK FACTORS FOR PRESSURE ULCERS IN ELDERLY

HOSPITAL PATIENTS

W.Kavesh, Philadelphia Veterans Affairs Medical Ctr, Philadelphia, PA.

DEMENTIA PATIENTS IN ASSISTED LIVING FACILITIES: INNOVATIONS ON CLINICAL CARE AND RESEARCH

PARTICIPANTS:

S. Hedrick (VA Puget Sound Health Care System, Seattle, WA), "Characteristics Supporting Training Community Residential Care Providers". S. Hedrick (VA Puget Sound Health Care System, Seattle, WA). "Behavior Problems in Assisted Living Settings: How Much of a Problem Are They?"

OUTCOMES ASSESSMENT FOR THE MEMORY IMPAIRED

M. Cody, VA HSR&D Center for Mental Healthcare and Outcomes, North Little Rock, AR. P. Wright, VA HSR&D CeMHOR, North Little Rock.

END OF LIFE CARE IN A CHANGING WORLD: A CONTINUUM OF PERSPECTIVES

PARTICIPANTS:

J. Fuller (VA Palo Alto HCS, Palo Alto, CA). "A Clinician's Vision of Quality End-of-Life Care".

THE IMPACT OF CAREGIVER PERSONALITY STYLES HELP-SEEKING BEHAVIOR IN ALZHEIMER'S DISEASE

R. Laschever, C. Drebing, P. Lyon, Bedford VA Medical Center, Bedford, MA.

DYING WITH DEMENTIA: INFORMAL CAREGIVING CHALLENGES IN THE LAST THREE MONTHS OF LIFE

E. Clipp, Duke University and VA Medical Centers, Durham, NC.

MATCHING CAREGIVER EDUCATION TO CAREGIVING NEEDS

M. Maddox, L. Kirk, M. Bauer, T. Burns, GRECC-VA Medical Center, Minneapolis, MN.

LEISURE AND THE RETIRED PROFESSIONAL: OCCUPATION MATTERS

D. Kolarik, Dept. of Veterans Affairs Medical Center, Iowa City, IA.

VA GRECC SYMPOSIUM: OSTEOPOROSIS AND FALLS PREVENTION: NEW DEVELOPMENTS

E. Murray, L. Rubenstein, VA Greater Los Angeles Healthcare Center, GRECC (11E), 16111 Plummer St.,

Sepulveda, CA, 91343, lzrubens@ucla.edu.

PARTICIPANTS:

E. Murray (VA Greater Los Angeles Healthcare System, Sepulveda, CA). "Effects of Dietary Restriction on Bone". H. Perry (St. Louis VA Medical Center, St. Louis, MO). "Alcohol, Aging & Osteoporosis". S. Murray (VA Greater Los Angeles Healthcare System, Sepulveda, CA). "New Perspectives on Statins & Osteoporosis". H. Fink (Minneapolis GRECC, Minneapolis, MN). "Osteoporotic Fractures in Men". L. Rubenstein (VA Greater Los Angeles Healthcare Center, Sepulveda, CA). "Preventing Falls in Older Adults: A Meta-Analysis of Randomized Trials".

NURSING CARE OF OLDER ADULTS INTEREST GROUP SYMPOSIUM—FROM AGING CELLS TO AGING SOCIETIES: THE HUB OF NURSING RESEARCH

A. Nelson (Patient Safety Center of Inquiry, Tampa, FL). "Societal Impact of Patient Safety Research".

DISCUSSANTS:

G. Powell-Cope (VISN 8 Patient Safety Center of Inquiry, Tampa, FL).

RACIAL DIFFERENCES IN ELDERLY COMPLEMENTARY AND ALTERNATIVE MEDICATION USE

M. Dysken, Minneapolis Veterans Administration Medical Center, Minneapolis, MN.

LONG-TERM CARE: COMMUNITY SERVICES CHAIR(S):

J. Sanford, Rehabilitation Research and Development Center, Atlanta VA Medical Center, 1670 S. Candler Street, Decatur, GA, 30033.

OXIDATIVE STRESS AND AGING

PARTICIPANTS:

H. Van Remmen (Audie Murphy VA Hospital, San Antonio, TX). "Knockout and Transgenic Mouse Models to Define the Role of Oxidative Stress in Aging".

DEVELOPING A COMPETENCY PROGRAM FOR CARE OF DEMENTIA PATIENTS IN A RURAL VETERANS HOSPITAL IN MARTINSBURG, WV

M. Silverman, C. Jackman, N. Nusbaum, VA Medical Center, Martinsburg, WV.

HEALTH STATUS CHANGES AND PREDICTORS OF INSTITUTIONALIZATION AND DEATH IN A

COHORT OF RURAL FRAIL ELDERLY VETERANS

C. Tully, Columbia VAMC, Columbia, SC, K. Prachoda, Atlanta VAMC, Decatur, GA, K. Haddock, Columbia VAMC, Columbia, SC.

BEST PRACTICES INITIATIVE: NURTURING PARTNERSHIPS THAT PROMOTE CHANGE

PARTICIPANTS:

N. Benton, C. Joseph, M. Medcraft, K. McWhorter, F. McClelland, F. Mambourg (Portland VA Medical Center, Portland, OR). "Wound Care Management At Home: Challenges & Opportunities".

USING THE SF-36 PHYSICAL FUNCTION SUBSCALE TO SCREEN FOR FALL RISK IN A CLINICALLY DEFINED SAMPLE OF AT-RISK ELDERLY.

R. Morgan, Houston VA Medical Center / Baylor College of Med, Houston, TX, M. Duque, Miami VA Medical Center / South Shore Hospital, Miami, FL, C. DeVito, Miami VA Medical Center / U. Miami Sch. Med., Miami, FL.

EFFECTIVENESS OF A FALL PREVENTION PROGRAM IN AN OUTPATIENT SETTING

M. Cody, VA HSR&D Center for Mental Healthcare and Outcomes, North Little Rock, AR, M. Watson, Central Arkansas Veterans Healthcare System, Little Rock, AR, P. Wright, VA HSR&D CeMHOR, North Little Rock, AR.

PREDICTING PHYSICAL ACTIVITY FOLLOWING STROKE

R. Macko, Baltimore VA Medical Center/GRECC, Baltimore, MD.

FRAIL ELDERLY VETERANS: MEDICATION USE AND PERCEPTIONS OF HEALTH, INFORMAL SUPPORT AND CAREGIVER BURDEN

J. Rose, K. Abbott, D. Kresevic, K. Papp, M. Cappaert, A. D'Eramo, Louis Stokes Cleveland VAMC – GRECC, Cleveland, OH, D. Fortunato, S. Cohen, Dayton VAMC, Dayton, OH.

PATIENT AND PROVIDER UNDERSTANDING OF THE VA ADVANCE DIRECTIVE: A MATCHED PAIR, MIXED METHODS ANALYSIS

K. Rodriguez, A. Young, E. Granieri, GRECC, VA Pittsburgh Healthcare System, Pittsburgh, PA.

LONG-TERM CARE: NURSING HOMES

CHAIR(S):

E. Olson, Bronx VAMC GRECC Program, 130 Kingsbridge Road, Bronx, NY, 10468.

TECHNOLOGY AND AGING: PROMISES AND CHALLENGES PARTICIPANTS:

M. Cantor (Veterans Administration, Washington, DC). "The Ethics and Acceptability of New Technology for Older Adults".

DELAYED RECOGNITION OF ABUSE AND NEGLECT OF WEST VIRGINIA RURAL ELDERS

K. Smits, T. Amaro, N. Nusbaum, M. Silverman, VA Medical Center, Martinsburg, WV.

EDUCATION, LIFE-LONG LEARNING, AND THE APPLICATIONS AND IMPLICATION OF TECHNOLOGY

CHAIR(S):

T. Teasdale, Veterans Affairs and Baylor College of Medicine, Extended Care Line (ECL-110), 2002 Holcombe Blvd., Houston, TX, 77030.

LESSONS FROM A SOCIAL WORK VIDEOCONFERENCE

J. Howe, GRECC, Bronx VAMC, New York, NY.

THE RELATIONSHIP BETWEEN PSYCHOLOGICAL FACTORS AND DISABLING MUSCULOSKELETAL PAIN IN OLDER PERSONS

M. Reid, West Haven VA and Yale Univ. School of Medicine, West Haven, CT.

CONTRASTING THE CAREGIVING TRAJECTORY OF ALZHEIMER'S DISEASE SPOUSES

L. Kirk, M. Maddox, M. Bauer, GRECC — VA Medical Center, Minneapolis, MN.

DEVELOPMENT OF A STATEWIDE DEMENTIA TRAINING CURRICULUM FOR NURSING HOME STAFF

M. Mintzer, University of Miami (GRECC), Miami, FL.

BEST PRACTICES IN ACCESSIBLE AND USABLE TOILET AND BATHING FACILITIES IN LTC

J. Sanford, Rehab R&D Center, Atlanta VA, Decatur, GA.

VA GRECC SYMPOSIUM: MEDICATION ERRORS AND ADVERSE DRUG EVENTS: EXPERIENCE IN THE APPLICATION OF STRATEGIES FOR THE DETECTION AND PREVENTION OF HARM IN OLDER ADULTS

B. Bair, SLC VA GRECC / University of Utah, SLC VAMC GRECC (182), 500 Foothill Blvd, Salt Lake City, UT, 84148, byron.bair@hsc.utah.edu.

PARTICIPANTS:

J. Nebeker, J. Hoffman, J. Hurdle (SLC GRECC, Salt Lake City, UT). "The Interaction of Age with Other Risk Factors for Adverse Drug Events in the Development of Computerized Prediction and Prevention Tools".

J. Hollman, J. Nebeker, J. Hurdle (SLC GRECC, Salt Lake City, UT). "Surveillance Data of Adverse Drug Events Before and After Hospitalization: A Prospective Look at a Clinically Critical Transition Period".

B. Bair (SLC VA GRECC / University of Utah, Salt Lake City, UT). "Clinical Application of Detection and Intervention Strategies Concerning Pharmacy Discrepancies At The Transition From Hospital To Home For The Frail Elderly: A Trial Of A Home Visit Geriatric High-Risk Evaluation And Liaison Program (G-HELP)".

K. Schmader (Durham GRECC / Duke Medical School, Salt Lake City, UT). "Adverse Drug Events During Hospitalization and Post-Discharge in Frail Elderly Veterans".

ASSISTANCE ENHANCES PHYSICAL ACTIVITY IN MOBILITY RESTRICTED ADULTS

G. Warner, C.H.Q.O.E.R., Veterans Administration, Bedford, MA, H. Hoenig, Durham VA Medical Center, Durham, NC.

COGNITIVE ENHANCEMENT MEDICATION UTILIZATION AMONG PERSONS WITH ALZHEIMER'S DISEASE OR A RELATED DEMENTIA WHO HAVE A FAMILY CAREGIVER: RESULTS FROM THE RESOURCES FOR ENHANCING ALZHEIMER'S CAREGIVER HEALTH (REACH) PROJECT

R. Burns, University of Tennessee at Memphis/VA Medical Ctr., Memphis, TN.

AGING IN PLACE IN ASSISTED LIVING: MYTH OR REALITY?

B. Connell, Rehab R&D, Atlanta VAMC, Decatur, GA.

RACIAL DISPARITIES IN TUBE FEEDING PRACTICES FOR PATIENTS WITH DEMENTIA

U. Braun, R. Beyth, Houston VAMC, Baylor College of Medicine, Houston, TX.

RACIAL/ETHNIC VARIATIONS IN NSAID USE AMONG PATIENTS WITH OSTEOARTHRITIS

K. Dominick, H. Bosworth, A. Jeffreys, S. Grambrow, E. Oddone, Durham VAMC, Durham, NC.

HEALTH PROMOTION AMONG AFRICAN AMERICAN VETERAN STROKE SURVIVORS

C. Williams, Department of Veteran's Affairs Medical Center, Miami, FL, M. Rittman, Gainesville VAMC, Gainesville, FL.

PREVENT INJURY, MANAGE RESISTIVENESS TO CARE, AND ASSESS PAIN IN PERSONS WITH ALZHEIMER'S DISEASE: RESEARCH METHODS CRITIQUE AN APPLICATION TO PRACTICE

PARTICIPANTS:

L. Volicer (Geriatric Research Education and Clinical Center, Bedford, MA). "Overview/Purpose: Outcomes, Critique and Application to Practice of 3 Projects to Improve Care of Persons with Alzheimer's Disease".

K. Horvath (Geriatric Research Education and Clinical Center, Bedford, MA). "Promoting Safer Homes: 'My Home is My Castle' Versus Standardized Protective Physical Environments".

V. Warden (Geriatric Research Education and Clinical Center, Bedford, MA). "Assessment of Pain in Advanced Dementia: Quality Improvement Project or Instrument Development Research Study".

FINANCIAL CAPACITY IN PATIENTS WITH MILD COGNITIVE IMPAIRMENT

J. Moya, Harvard Med School, Boston VAMC, 940 Belmont St., Brockton, MA, 02301.

ISSUES AND CHALLENGES IN END-OF-LIFE CARE

PARTICIPANTS:

L. Ganzini (Portland VA Medical Center, Portland, OR).

COORDINATION IN DEMENTIA CARE: THE ULTIMATE "BEST PRACTICE"

PARTICIPANTS:

N. Emerson-Lombardo (Edith Nourse

Veterans Administration Hospital, Bedford, MA). "Measuring Dietary Changes and Exercise Levels In Group Interventions".

DISCUSSANTS:

L. Volicer (Edith Nourse Veterans Administration Hospital, Bedford, MA).

MEDICAID MEDICATION MANAGEMENT PROGRAM

M. Cody, VA HSR&D Center for Mental Healthcare and Outcomes, North Little Rock, AR, T. Hudson, C. Rapp, VA HSR&D CeMHOR, North Little Rock, AR.

BUILDING COPING SKILLS IN DEMENTIA CAREGIVERS

T. Teasdale, Veterans Affairs and Baylor College of Medicine, Houston, TX.

END OF LIFE CARE: ADVANTAGES OF A FORMAL PALLIATIVE CARE PROGRAM

P. Higgins, T. Hornick, K. Hayes, G. Kumar, Case Western Reserve University, Cleveland VAMC, Cleveland, OH.

SELECTION BIAS IN CLINICAL STUDIES OF LATE LIFE DEPRESSION: IS THERE ANY?

J. Strauss, Durham VA, Durham, NC.

DRIVING AWARENESS: CAN DISCREPANCIES BETWEEN SELF PERCEPTION AND ACTUAL PERFORMANCE IDENTIFY DRIVERS WHO WOULD BENEFIT FROM ASSESSMENT AND INTERVENTION?

P. Peduzzi, G. Doros, VA Connecticut, West Haven, CT.

INVISIBILITY OF NURSES IN LONG TERM CARE

E. Moore-Burke, Department of Veterans Affairs-VA Chicago, Chicago, IL.

SOCIAL CAPITAL AND NETWORKS AND NUTRITIONAL RISK (NR: ETHNIC AND GENDER DIFFERENCES

R. Allman, Univ of AL at Bham and Bham/Atlanta VA GRECC, Birmingham, AL.

VA GRECC SYMPOSIUM: FROM MOLECULAR BIOLOGY AND ANIMAL MODELS TO FUTURE TREATMENTS FOR ALZHEIMER'S DISEASE

L. Rubenstein, Veterans Affairs Greater Los Angeles GRECC, 16111 Plummer,

Sepulveda, CA, 91343, G. Cole, VA Greater Los Angeles Healthcare Center, GRECC (11E), 16111 Plummer St., Sepulveda, CA, 91343, Gmcole@ucla.edu.

PARTICIPANTS:

G. Schellenberg (Seattle VA Medical Center, Seattle, WA), B. Kraemer (Veterans Affairs Medical Center, GRECC, Seattle, WA), P. Poorkaj (Veterans Affairs Medical Center, GRECC, Seattle, WA), R. Turner (Ann Arbor VA Medical Center, Ann Arbor, MI). "Regulation of Amyloid Precursor Protein Catabolism by Adaptor Protein Interactions".

S. Griffin (Little Rock VA Medical Center, Little Rock, AR). "Bridging Bench to Bedside Using Genetic Analysis of Specific Polymorphisms in Inflammatory Genes".

G. Cole (VA Greater Los Angeles Medical Center, Sepulveda, CA), S. Frautschy (VAGLA GRECC and Dept. of Medicine, North Hills, CA). "Testing Treatments and Prevention Strategies in Preclinical Models for Alzheimer's (AD)".

DISCUSSANTS:

J. Morley, S. Asthana (VAMC GRECC, Madison, WI).

ESTABLISHING RURAL CENTERS ON AGING: CHALLENGES IN A MEDICALLY UNDERSERVED STATE PARTICIPANTS:

R. Chernoff (GRECC, Little Rock, AR). "Developing a Statewide Geriatric Education and Training Program".

EFFECTS OF AN INTERVENTION TO PROMOTE COPING WITH GRIEF AND LOSS IN DEMENTIA CAREGIVERS

J. Kasl-Godley, Veterans Affairs Palo Alto Health Care System, Palo Alto, CA.

THE NURSING HOME RESIDENT WITH A HISTORY OF PEDOPHILIA: ISSUES AND CHALLENGES

J. Caley, W. Wanlass, W. Ralls, J. Schulling, Portland VA Medical Center, Portland, OR.

TELEMEDICINE CARE COORDINATION (T-CARE) IMPROVES DIABETES MELLITUS MANAGEMENT IN OLDER VETERANS

S. Dang, UM School of MED/VAMC/VISN 8 CCSC, Miami, FL, N. Nedd, A. Rodriguez, M. Valdes, Miami VA Medical Center, Miami, FL, F. Ma, UM School of MED/MIAMI VA MED CTR, Miami, FL, J. Ruiz, B. Roos, UM School of MED/VAMC/VISN 8 CCSC, Miami, FL.

NUTRITION AND EXERCISE BOOST EFFECTIVENESS OF FLU SHOT IN OLDER PEOPLE

Current influenza vaccines are 50 to 60 percent effective in preventing illness in older people. Two recent studies suggest that the flu vaccine might be even more effective in older adults when supplemented with calories, vitamins, minerals, and exercise.

A liquid nutritional supplement containing enhanced levels of antioxidants shows a potential benefit to older adults due to improved antibody responses to the influenza vaccines, reports a study in the September 2002 Journal of Gerontology: Medical Sciences.

Wendeline Wouters-Wesseling and colleagues of Numico Research B.V. and Wageningen University in The Netherlands noted that with aging the immune system functions less effectively. Because of this, the influenza vaccination does not always result in adequate protective serum antibody in older adults. However, in healthy, well-nourished elderly people, there is only a small decline in immune function. Therefore, nutritional intervention might improve the antibody response of older adults after influenza vaccination and thereby reduce influenza-related illnesses and deaths.

Another study in the same issue of Journal of Gerontology: Medical Sciences is the first to observe an association between physical activity and immune response to the influenza immunization. Marian L. Kohut and her colleagues at Iowa State University found that, among older adults, regular, moderate to vigorous exercise was associated with improved immune response (higher antibody titer) to the influenza vaccine.

The Iowa State University researchers cautioned that in the vaccination study, limited or low intensity exercise did not affect immune response. Enhanced immune response came with "exercise three or more times per week for twenty minutes or more at an intensity vigorous enough to work up a sweat," according to Dr. Kohut and colleagues.

The researchers also found that less

stress was associated with a better immune response to the vaccine. Overall, Dr. Kohut and colleagues concluded, "The findings from this study suggests that there is an association between physical activity, diet, psychosocial factors, and the immune response to influenza immunization in older adults.

In other words, older adults who want to get the most out of their flu shot should focus on stress, nutrition, diet, and exercise.

GERIATRIC DAY CARE GREAT FOR PATIENTS, BUT WHAT ABOUT CAREGIVERS?

Study results indicate benefits for patients, but no change to status of caregivers

A German study has found that geriatric day care has positive effects on patients, with an improved feeling of well-being and stabilization of dementia symptoms. However, the study found that providing day care for elderly adults has little or no effect on their caregivers.

The findings of the four-year study (1994-1998) by Susanne Zank and Claudia Schacke are reported in the July 2002 issue of *Journal of Gerontology: Psychological Sciences*

Day care units seek to enhance patients' well-being and competence and also to reduce the burden placed on caregivers. The study by the two researchers from Freie Universitaet in Berlin found no significant effect among caregivers in such variables as well-being, life satisfaction, self-esteem, or depression. The "only indicator that came close to significance was the Job-Caregiving Conflict. Job conflicts tended to be reduced by the use of day care," added Drs. Zank and Schacke. However, qualitative data indicate that effects on the caregivers are subtler and might be missed by the standardized instruments that were used in the study.

On the other hand, day care participants showed "significant changes in cognitive and noncognitive dementia symptoms." The results also showed that partial cognitive abilities could be improved by general day care interventions even in participants with reduced capacity.

The study was held at six geriatric day care centers in different parts of Berlin. Forty-three day care patients were compared with an untreated matched group of 40 individuals. Matching criteria were age, gender, physical and mental health status, and socioeconomic status. The mean age for both groups was 79.5 years.

In addition to the positive effects of day care on patients' well-being and dementia, the study showed that

patients "stabilized or improved on various measures, whereas untreated control patients worsened," added Drs. Zank and Schacke.

The two researchers noted that in Germany, public policy aims to support elderly persons as well as their caregiving relatives. "one method is the establishment of rehabilitative geriatric day care units." These institutions are available to everyone and cost between \$50 and \$70 per day.

UPDATES

November 22-26, 2002: 55th Annual Scientific Meeting of the Gerontological Society of America, "Relationships in a Changing World: From Aging Cells to Aging Societies". Was held at the Marriott and Westin Copley Place, Boston, MA. For more information, contact the GSA at www.geron.org

February 7-8, 2003: The Little Rock GRECC presents: "Geriatric Medicine Update: Management of Cancer in the Elderly". This one and a half day conference will address issues in diagnosing and selecting cancer treatment options for older adults. The newest approaches to cancer management in the elderly patient will be explored. CME credits will be offered. To be held at the Holiday Inn Select-Shackleford, Little Rock, AR. Contact Kay Guthrie at 501-257-5547 or guthriekayb@uams.edu Registration: 501-661-7962 or visit our website at www.littlerockgrecc.org

February 28-March 4, 2003: Harvard Medical School's Division on Aging, in collaboration with the Boston Division of the New England GRECC, will present it's "19th Annual Review of Geriatric Medicine" at the Four Season's Hotel in Boston, MA. For further information please contact Liz Grant, Course Administrator at elizabeth.grant@med.va.gov or call her at 617-232-9500 ext 2564.

May 14-18, 2003: The American Geriatrics Society's Annual Meeting, will be held at the Hyatt Regency Baltimore and Baltimore Convention Center. Exhibit dates are May 15-16, 2003. For more information, contact the AGS at 212-308-1414, FAX 212-832-8646 or email www.americangeriatrics.org

November 21-25, 2003: 56th Annual Meeting of the Gerontological Society of America. To be held in San Diego, California. For more information, contact the GSA at www.geron.org

All facilities in the VA system are invited to submit news items for the GRECC Forum on Aging Newsletter.

Newsletter

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